



Assemblymember
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Dear Friend,

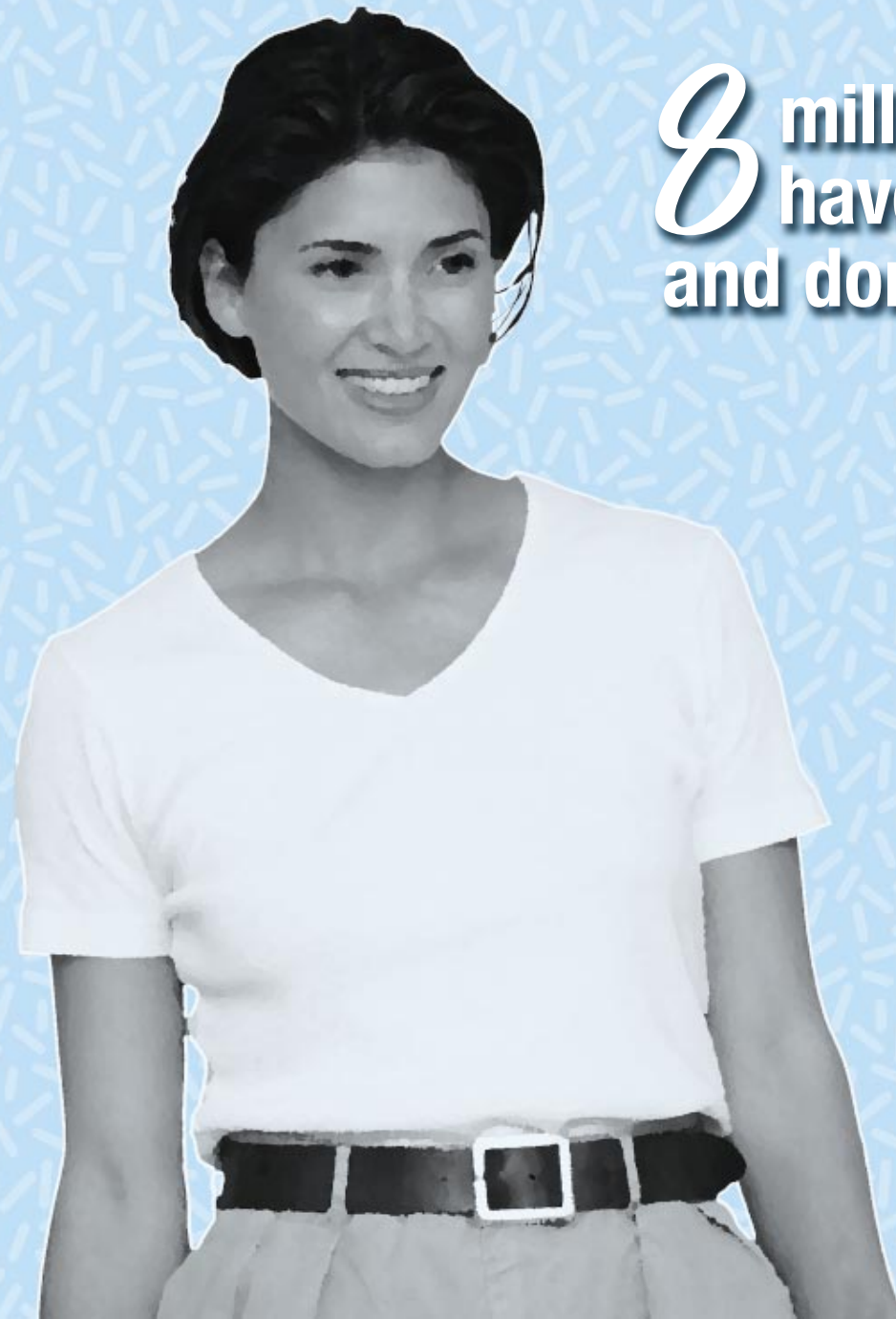
DIABETES is a serious health problem facing Californians. More than 16 million Americans have diabetes, and 180,000 will die from it — including a disproportionate number of African Americans, Asians, Latinos and Native Americans. Experts estimate that there are 8 million people in America who have diabetes — and they don't even know it.

Following a proper diet and increasing exercise are excellent ways to help address diabetes. To bring attention to the importance of exercise and diet, the Legislature passed Assembly Concurrent Resolution 16 that proclaims the month of May 1999 as California Fitness Month.

For more information on ACR 16 or other measures relating to health issues, please call my Capitol Office at (916) 319-2053 or my District Office at (310) 782-1553.

Sincerely,

GEORGE NAKANO
Assemblymember, 53rd District



**8 million Americans
have diabetes
and don't know it.**

**Are YOU
one of them?**

What is Diabetes?

Diabetes means having too much sugar in the blood. Your body changes the food you eat into blood sugar. Body cells use blood sugar for energy.

Over time, high blood sugar can damage the heart, arteries, eyes, nerves, and kidneys, leading to serious health problems.

There is currently no cure, but there is hope.

Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure, and amputations. Many people have no symptoms — they learn they have diabetes when they seek help for one of its complications. Diabetes kills more than 180,000 Americans each year — don't let it happen to you or those you care about.

Researchers continue their work to find a cure. However, what you do now can make a difference.

High blood pressure is a risk factor for diabetes.



You have a higher risk of developing diabetes if you are overweight.

Don't wait for the signs.

While there are sometimes obvious signs of diabetes, most people do not notice any symptoms. If you or a family member should have any of these symptoms, you should contact your doctor immediately.

- Extreme thirst
- Blurry vision from time to time
- Frequent urination
- Unusual tiredness or drowsiness
- Unexplained weight loss

Pregnant women should be tested for diabetes between the fifth and sixth months of pregnancy.

Facts you should know:

- Diabetes is a serious disease that can lead to blindness, heart attack, stroke, kidney failure and amputations.
- Diabetes is the sixth leading cause of death by disease in the United States, killing more than 180,000 people each year.
- \$1 out of every \$7 spent on health care is spent on diabetes.
- Diabetes in the United States costs more than \$91 billion annually in health care and lost productivity.

Could you have diabetes?

Diabetes is a silent disease. By the time it is diagnosed, damage to arteries, eyes, nerves, and kidneys has been going on for 7-10 years. Every minute, at least one person is diagnosed with diabetes.

You are at higher risk if:

- You are age 45 and older.
- You are a member of a high-risk ethnic group: African American, Latino, American Indian, Asian American or Pacific Islander.
- You are overweight.
- You have high blood pressure (at or above 140/90).
- You have a family history of diabetes.
- You have a history of diabetes during pregnancy or you had a baby weighing more than 9 pounds at birth.

Find out if you are at risk.

Take this test and find out if you are at risk for having diabetes. Individuals in certain ethnic groups including Latino, African American, Native American and Asian are disproportionately affected by diabetes. (Circle answer and add up points.)

	YES	NO
1. My weight is above that listed in the chart below	5 pts.	0 pts.
2. I am under 65 and get little/no exercise on a usual day	5 pts.	0 pts.
3. I am between 45 and 64 years of age.	5 pts.	0 pts.
4. I am 65 years of age or older.	9 pts.	0 pts.
5. I had a baby weighing more than nine pounds at birth.	1 pts.	0 pts.
6. I have a sister or brother with diabetes.	1 pts.	0 pts.
7. I have a parent with diabetes.	1 pts.	0 pts.

If you scored 3-9 points: You are probably currently at low risk for having diabetes — but you may be at higher risk in the future. New guidelines recommend everyone age 45 and over should consider being tested for the disease every three years. People at high risk should consider being tested at a younger age. Contact your doctor regarding the proper frequency of testing for your particular health needs.

If you scored 10 points or more: You are at high risk for having diabetes. See a doctor soon and find out for sure.

HEIGHT	WOMEN	MEN	HEIGHT	WOMEN	MEN
4'9"	134 lbs.		5'6"	164 lbs.	172 lbs.
4'10"	137 lbs.		5'7"	168 lbs.	172 lbs.
4'11"	140 lbs.		5'9"	175 lbs.	182 lbs.
5'0"	143 lbs.		5'10"	178 lbs.	186 lbs.
5'1"	146 lbs.	157 lbs.	5'11"	182 lbs.	190 lbs.
5'2"	150 lbs.	160 lbs.	6'0"		194 lbs.
5'3"	154 lbs.	162 lbs.	6'1"		199 lbs.
5'4"	157 lbs.	165 lbs.	6'2"		203 lbs.
5'5"	161 lbs.	168 lbs.	6'3"		209 lbs.

Learn more about diabetes — get involved!

If you or the people you care about are at a high risk for diabetes, you should learn more and get involved. Research proves that early detection and proper treatment of diabetes can lead to a longer, healthier life.

1. Call your doctor for a thorough diabetes evaluation.
2. Call the American Diabetes Association at 1-800-DIABETES (1-800-342-2383) for a packet of free information about diabetes, diabetes screenings and other alert programs scheduled in your area.
3. Share this information with family, friends and neighbors. Help find the 8 million Americans with undiagnosed diabetes.

Contact the American Diabetes Association for more information:

For information on diabetes: 1-800-DIABETES (1-800-342-2383)

Publications available: 1-800-232-6733

To join ADA and receive Diabetes Forecast monthly magazine: 1-800-806-7801

American Diabetes Association Homepage on the Internet: www.diabetes.org